

2023 NIKE SOUTHWEST REGIONAL CHAMPIONSHIPS

TRAVELERS

COACHES: Karen Smidt 303-621-4540 / Aby Smidt-Krage 303-906-6594 PARENT: Cynthia Turner 970-380-7637

ATHLETES: Alex, Carson, Traven, Lucia, Maddy, Talon, Josh, Cat, Makayla

ATHLETES TRAVELING w/ Parent: Claire & Alyssa

Wednesday, November 15

Depart from School and drive to Gallup, New Mexico.

Athletes will be matched to the vehicle via a randomizer prior to departure.

6:00 a.m. TURNER CAR: w/ Alex, Cat, Talon

10:00 a.m. SMIDT SUV w/ 6 athletes w/ Carson, Josh, Traven, Lucia, Makayla, Maddy

12:30 p.m. Lunch (athletes will cover self)

8:00 p.m. Arrive in Gallup [1000 E. Hwy 66. Gallup, NM. 87301](https://www.google.com/maps/place/1000+E.+Hwy+66,+Gallup,+NM,+87301)

(Engelhardt's Departing for AZ with parents)

Thursday, November 16

7:00 a.m. Depart Gallup

11:30 a.m. Lunch (athletes will cover self)

12:00 p.m. Pick up Coach Aby from Sky Harbor Airport

2:00 p.m. Run

4:00pm Check in to House (851 North Citrus Rd, MESA AZ)

4:00 - 6:30p.m. Athletes should plan to swim, relax, or do homework.

6:30 p.m. Dinner

9:30 p.m. Lights Out

Friday, November 17

8:00 a.m. Breakfast

8:30 - 2:30 p.m. Hang out at house

3:15 p.m. NXR Apparel Sale & Packet Pick Up : *Coyote Run Golf Course, 1548 Leisure World Blvd, Mesa, AZ*

4:00p.m. Course walk through

5:20p.m. T-Shirt Exchange (bring a Bulldog Shirt OR talk)

6:30 p.m. Pre-Meet Dinner

9:00 p.m. Lights Out

Saturday, November 18

6:15 a.m. Quick Shake out run over last mile of course

6:45a.m. Head back to house for breakfast

7:15 a.m. Depart for Race

7:45 a.m. Citizen's Race & Warm up for 1st race *Races between 8:36 and 11:27a.m.*

12:00 p.m. Lunch at *In-N-Out Burger* followed by *Lost Dutchman Hike*

6:30 p.m. Dinner at the house & Hang out for the evening

Sunday, November 19

8:00 a.m. Depart for Denver > SMIDT vehicle will stop overnight / Turner vehicle will travel straight through

Monday, November 20

Continue trip home

What to Bring: Please pack lightly! There will be a washer/dryer @the house, so plan to wash & re-wear clothing. **Swim suit, shorts, pants, sweatshirt (it gets chilly at night), playing cards, water bottle. RACE ATTIRE: Bring Trainers & Racing Flats** (Course is 96% grass, 4% dirt. bring plugs if all you have are spikes). Plain black running shorts (coach will have singlet), **SNACKS** and/or food that you want for the drive or bring cash for the drive (Fast Food x4 lunches / 2x dinners).

WHOLE TEAM TRAVEL POLICIES

- The Head Coach or her designee will establish a curfew by when all players must be in their lodging rooms or in a supervised location. Regular monitoring and curfew checks will be made of each room by at least two properly background screened adults.
- Team personnel shall ask hotels to block adult pay per view channels for player-only rooms.
- Individual meetings between a coach and a player may not occur in lodging sleeping rooms and must be held in public settings or with additional adults present.
- Parents/Guardians who wish to stay in the team lodging are permitted and encouraged to do so but will be responsible for their own lodging expenses (rented house will be broken down by cost per individual). Parent volunteers will need to fill out a Volunteer Form through the Athletic Office.
- The team will make every effort to accommodate reasonable parental requests when a child is away from home without a parent. If any special arrangements are necessary for your child, please contact the Head Coach who can either make or assist with making those arrangements.
- No coach or chaperone shall at any time be under the influence of drugs or alcohol while performing their coaching and/or chaperoning duties. This includes parents who will be staying in the same lodging arrangement as the Team (house/hotel room, etc).
- In all cases involving travel, parents have the right to transport their minor player. If a parent will be providing transportation to other student-athletes, they must have a Volunteer Form and a Transportation Form on file with the school.
- Prior to any travel, coaches will endeavor to make players and parents aware of all expectations and rules. Coaches will also support chaperones and/or participate in the monitoring of the players for adherence to curfew restrictions and other travel rules.
- If disciplinary action against a player is required while the player is traveling without his/her parents, then except where immediate action is necessary, parents will be notified before any action is taken, or immediately after.

Student-Athlete Policies

- Athletes are expected to remain with the team at all times during the trip. Athletes are not to leave the competition venue, the team lodging, restaurant or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone. (When visiting public places such as shopping malls, movie theaters, etc., athletes will stay in groups of no less than three persons).
- Athletes will not be allowed access to opposite gender sleeping spaces.
- Athletes will not fraternize inappropriately (what is not acceptable in a school setting will not be acceptable on a trip).
- Athletes will not possess or use tobacco, drugs, or alcohol.
- Athletes will be quiet and respect the rights of teammates and others
- Athletes will be prompt and on time
- Athletes will respect travel vehicles and all lodging spaces and will be held financially responsible for any financial obligations that are accrued in the misuse of said spaces.
- Athletes will use appropriate behavior in public facilities, including language
- Athletes will participate in contracted group meals
- Athletes understand that the needs and well-being of the team come first.
- Athletes will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.

Failure to comply with the expectations set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:

- i. Dismissal from the trip and immediate return home at the athlete's expense
- ii. Reporting to school for a district disciplinary action
- iii. Financial penalties, which will include full cost of the athlete's participation in the trip that was assumed by the team.
- iv. Dismissal from team